



Medical Research Study on Deployment Response: What Soldiers do to Combat Deployment Stress

We are looking for soldiers to take part in a study on deployment stress and coping. We want your feedback so we can make recommendations to improve Force Health Protection programs for soldiers dealing with deployment stress.

At this PDP:

- Soldiers participating in this study will be asked to fill out a survey at this PDP about stress, coping and health (it takes about 30-45 minutes).
- Some soldiers will also be asked to have their heart rate and blood pressure measured with a wrist cuff (it takes about 10 minutes).

Before re-deploying from Kosovo:

- Some soldiers will be asked to participate in two different kinds of coping classes that last 2-3 hours. We want to know if you find these classes helpful.
- Many soldiers will then be asked to fill out surveys at the end of the deployment, and three times over the year after the deployment is over.

We appreciate your support:

- You can withdraw from the study at any time.
- Although you may not personally benefit from this study, the goal of this study is to help other soldiers on future deployments based on what we learn from you and your fellow 1ID soldiers about coping with deployment stress.

More Information:

- If you want to learn more about studies conducted by the medical research unit, check out our website at:
www.usamru-e.hqusareur.army.mil
- When this study is over, Deployment Response Study results will be posted on the same website.